

Fall 2026 Spin / TRX / Barre Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am Julie	TRX 7:30-8:15am Darlene	Spin & Strength 5:15-6:15am Julie	Spin 5:15-6:00am Julie	Spin 8:30-9:15am Marcia	Spin & Abs 8:15-9:15am Darlene	Spin 8:15-9:00am David
Spin 8:30-9:15am Tammy	Spin 8:30-9:15am Darlene	Spin 8:30-9:15am Tammy	Spin & Strength 8:30-9:30am Darlene	TRX 9:30-10:15am Marcia		
TRX 9:30-10:15am Darlene	Barre 9:30-10:30am Shayna	TRX 9:45-10:30am Darlene	TRX 6:45-7:30pm Lorna			
Spin 5:45-6:30pm Zoe	Spin 5:45-6:30pm Chantal	Spin 5:45-6:30pm David				
	TRX 6:45-7:30pm Lorna	Barre 6:45-7:45pm Shayna				

Spin / TRX / Barre Descriptions

Barre

Whole body workout based on ballet movements, may include weights, Pilates rings, balls, etc.

Spin

Cycling on a stationary bike using a resistance knob to control intensity, tension, and speed

Spin & Abs

Spin followed by an abs workout

Spin & Strength

Spin followed by a strength workout using hand held weights and/or body weight

TRX

Total resistance exercises using suspension straps and body weight and/or balls

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through Daxko.com.

Reservations can be made 22 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://operations.daxko.com/online/5309/GXP/ClassSchedule.mvc>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

Members or guests 14 and under must complete an orientation through all fitness equipment by appointment with our Fitness Room Staff prior to using the Fitness room. For appointments please register online through Daxko. For more information please email Athletics@OurGym.org.

***NOTE: Instructors subject to change based on availability.**